

# Beyond Kegels Home Program

## Beyond Kegels Self Care

Name \_\_\_\_\_ Date \_\_\_\_\_

- Eliminate Caffeinated Fluid/Day \_\_\_\_\_ cups/day
- Non Caffeinated Fluid/Day — 6-8 glasses
- Nonpurposeful Activity/Day — 20-30 minutes/day
- Physiological Quieting
  - Audiotape 20 minutes/day
  - Hourly diaphragmatic breathing/handwarming
- Other



Fig. 21



Fig. 22



Fig. 23

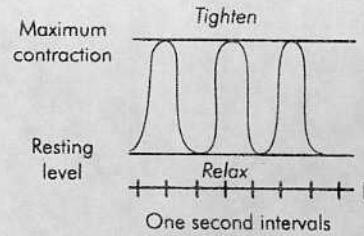


Fig. 24

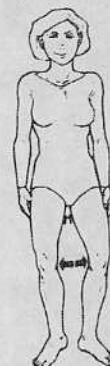


Fig. 25  
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Signature \_\_\_\_\_

**BEYOND KEGELS Book II** by Janet A. Hulme, M.A., P.T. ©2003 Phoenix Publishing

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## Physiological Quieting Diaphragmatic Breathing

The diaphragm is a large sheetlike muscle that rests in a dome shape upward into the chest cavity to the nipple area from the bottom of the rib cage and the lumbar spine. As you inhale the dome flattens and pulls down to the bottom of the ribcage. During exhale the diaphragm moves back to the dome shape. When breathing correctly, the shoulder and chest areas remain quiet, the jaw is relaxed, and the teeth are separated.

### To practice

"Inhale, let your abdomen rise and your low back arch gently. Exhale, let your abdomen fall and your low back flatten. Quiet shoulders, quiet chest."

There is equal time for inhale and exhale. Inhale through the nose, exhale through the mouth or nose.

Practice diaphragmatic breathing initially in a reclined position, then in sitting and standing. Practice 4-5 diaphragmatic breaths every hour during the day.

### Advanced Diaphragmatic Breathing Technique

In supine focus on your own natural breathing rhythm.

As you inhale

- let your abdomen rise,
- low back gently arch, and
- legs roll out 1-2 inches.

As you exhale

- let your abdomen fall,
- low back gently flatten as the
- lower abdominal muscles tighten from symphysis pubis to bellybutton, and
- legs roll in.

After this is easy and effortless to do add the arms rolling out on inhale and rolling in on exhale.

### Notes

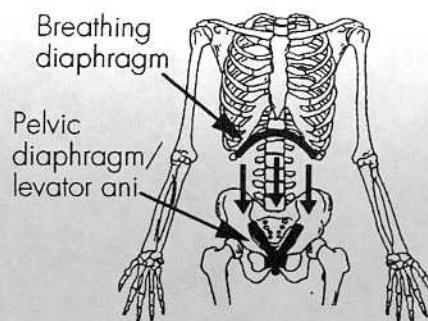


Fig. 19  
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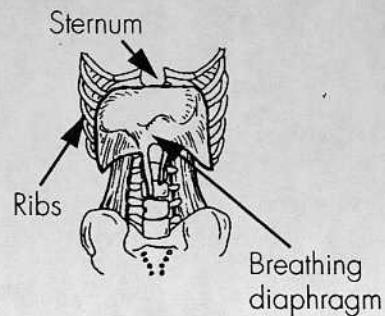


Fig. 20  
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